

Due to the COVID-19 outbreak we are making new items available on WIC. We are adding new foods every day, so check here for the latest updates. Scan items on the Maryland WIC app to see if they are approved. If an item is not WIC-approved but you think it should be, you can submit it for approval on the app.

Temporary WIC Items - 3/30/20

	WIC Food Category	Temporary New Items
	Cheese	Varying sizes of allowable WIC cheeses up to 48 oz. Shredded cheese and cheese sticks.
	Tofu	No additions at this time.
	Milk	Organic milk.
	Soy Beverage	Organic soy beverage.
	Eggs	No additions at this time.
	Cereal	Some smaller sizes available.
	Legumes	Organic canned beans, dried beans, and peanut butter. Some larger sizes available.
	Fish	Some tuna 4-packs of 5 oz. Some salmon 14.75 oz packages.
	Infant Cereal	Organic and added fruit infant cereals.
	Infant Fruits and Vegetables	Organic infant fruits and vegetables. Gerber 2-packs of 2-oz containers.
	Infant Meats	Organic infant meats.
	Breads/Whole Grains	32 oz rice. Larger sizes of bread available.
	Fruits and Vegetables	No additions at this time.
	Yogurt	No additions at this time.
	Frozen Juice Concentrate	Organic and blended juices.
	Juice	128 oz any already approved juice. Organic and blended juices (ex. Juicy Juice, Apple Berry etc).

Call your local clinic or 1-800-242-4942 if you have any questions.